

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

LIBRARY
RECEIVED

★ SEP 8 - 1933 ★
U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Monday, Sept. 4, 1933

(FOR BROADCAST USE ONLY)

Subject: "Inexpensive Meat Dishes for Warm Fall Days." Information from the Bureau of Home Economics, U.S.D.A.

---ooOoo---

Monday is our day for concentrating on ways to keep down food costs, and to keep up good meals for the family. Women's important and eternal job this is. And thanks to our friends the foods specialists, we can get helpful advice along the way these days to make the job easier.

Meat is the subject under discussion today, because meat is a big problem to many thrifty housekeepers. You see, meat often complicates this job of making the food money go round, because of the cost of meat as compared with the cost of many other kinds of food, and because the family likes meat so well. Meat gives flavor to our day-by-day meals. To use it economically, the housewife needs to know how to buy and use cheap cuts, how to make the most of meat flavor, and how to make many different inexpensive meat dishes.

If you keep your eyes open when you go to market, or if you use your home produced meat to advantage, you'll find that with all the cured meats as well as the fresh cuts to choose from, you can have plenty of variety at low cost. You'll find that ham, bacon, and most pork cuts both fresh and cured, are inexpensive this fall. And you'll find the forequarter cuts of lamb and of beef low in price.

For the warm days of early fall, many of the so-called "summer meats" will fit into your menus well. Pressed corn beef is a very good cold dish for lunch or dinner. Ask your butcher for some corned beef plate or brisket-- You may be able to buy for as little as ten cents a pound. Simmer the piece for about four hours. When the meat is tender, remove the gristle and part of the fat, lay the pieces of meat lengthwise in a deep baking pan, filled up to the top. Now pour on just a little of the meat liquor--the water that you cooked the meat in. Then put another pan on top and weigh it down to press the meat. Set this in the coldest part of the refrigerator. When you turn the meat out next day, you'll find that it slices perfectly with a sharp knife. These slices of cold pressed corn beef make good sandwiches for the children's school lunch box as well as for the family's noonday meal at home.

Ham is another inexpensive meat that's especially popular in warm weather. For a family of four or five a whole ham makes an economical buy. You can use it in such a lot of different ways. Some people just boil the whole ham and slice it cold. Others like it served in a variety of ways, hot and cold. Miss Alexander,

the meat cookery specialist, says that when she buys a whole ham she often asks the butcher to cut out from the center three or four slices, about a quarter of an inch thick. She cuts these thin slices in strips, fries them and serves them with hot vegetables for dinner. Or she fries the strips just before starting on a picnic and then takes them along hot in a covered dish. A strip of this warm fried ham with a leaf of crisp green lettuce in a buttered roll makes a quick and satisfying picnic sandwich.

Miss Alexander also often has the butcher cut out a thick slice of ham from the center of the whole ham. This thick slice she bakes with tomatoes or sweet potatoes in a casserole. The rest of the ham she boils and uses it sliced cold or ground up for sandwiches, salads, stuffed peppers and other groundham dishes. Ground ham is especially good for stuffing vegetables and for egg dishes. And it gives special zest to bland foods. A platter of scrambled or poached eggs takes on a different look as well as a different taste with ground ham sprinkled over the top. I don't need to mention what a favorite chopped ham is in omelets.

As for sandwiches, let me tell you about a special ground-ham sandwich which the Recipe Lady calls French toasted sandwich. Mix up ground cooked ham with enough butter or ham fat to make it easy to spread. Then spread the mixture over the bread, -you won't need to butter the bread- and put two slices together. Now dip each sandwich into a mixture of two eggs beaten up in a cup of milk. Then brown the sandwiches slowly in fat in a skillet, just as you do French toast. Serve these French sandwiches hot with some relish like watermelon pickle or green tomato pickle. They make an inexpensive, easy and very good main dish. By the way, this is an idea for using left-overs, a good way to use left-over ham.

So much for ham ideas. Now one or two bacon ideas. A few slices of crisp, delicately browned bacon on a serving of quick-cooked cabbage or on top of a dish of hot summer squash or Swiss chard makes a very appetizing, satisfying combination. Be sure to save all your bacon dripping. Strain them if necessary. Keep them cold and covered in the refrigerator to use for frying and seasoning other foods.

That brings us to our economy menu for today. Let's have some of that very inexpensive pressed cold corned beef - sliced for the main dish. Some sort of a zippy sauce or relish is good with cold corned beef. Your home-made horseradish will hit the spot. So will a spicy fruit pickle or any other tart spicy relish. With the corned beef, let's have hot buttered squash and a dish of hot fried onions and apples--yes, sliced onions and sliced apples fried together. For dessert, cinnamon toast made with raisin bread and coffee to top off the meal. Once more: Sliced cold pressed corned beef; Horseradish sauce; Buttered squash; Fried apples and onions; for dessert, Cinnamon raisin toast; Coffee.

Tomorrow: Questions and Answers.

